



MEDICLINIC WELKOM VISTA

ESKOM ATHLETICS CLUB FS ROAD RACE



2025

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TERMS, CONDITIONS, RULES & REGULATIONS

A. GENERAL INFORMATION

- This is a road running race presented by Eskom Athletics Club Free State.
- This event take place on Saturday 23 Aug 2025. The event starts and finishes at Mediclinic, Meulen Street, Welkom, Free State.
- Route map(s) will be available at the entry points and start of the race. Distance markers will be placed on the route at 1km intervals.
- Road Closure: Saturday 23 Aug from 07:30 until 17:00. Road closure according to the different routes and distances.
- Parking: Do not use the hospital parking area. There is sufficient parking space surrounding Mediclinic. Parking is at own risk.
- Sufficient portable toilets provided at Mediclinic and Welkom Square. No dressing rooms and shower facilities available.
- No tog bag area and no club tents / gazebo space available.
- No food stalls or refreshments available at event. Please support the businesses, service stations, and food courts in and around Welkom Square and Mediclinic.
- Different vehicles (3 leading cars) will be used for different races for assistance, control and safety. Medical support provided by ER24.
- Water Tables serve Water sachets & Cold drinks
Alcohol Prohibited at event
- Medals are handed out to finishers upon completing the race at the finish line.
- The event will comply with the Health and Safety regulations that may apply at the time of the event.
- Sponsors listed for this event will not be interpreted as an entitlement for any participant to insist on free, discounted, or preferential treatment pertaining to the products and services offered by the sponsors.

B. RACE RULES

- The race is held under the rules of ASA and AFS.
- Athletes indemnify the national, provincial and regional bodies, sponsors and organisers of the race against any or all actions of whatsoever nature, whatever the same may arise out of their participation in the race.
- Obey all marshal, traffic, authorities and rules. Breach of any regulations or requirements may lead to disqualification. The Technical Official / Delegate & Safety Officer has the final decision in this regard
- All athletes participate at their own risk and acknowledge that they are medically fit and equipped to safely participate in this event. In case of an emergency report to the next water point on the route. At the finishing line an identified area will be demarcated for evacuation.
- No vehicles allowed on the course. No seconding.
- No prams, blades, animals, cyclist or mechanically operated devices allowed. Wheelchairs allowed only in mile / 1.6km wheelchair disabled fun race.
- Medals will only be handed out to participants in possession of a fully completed entry ticket / race no.
- Littering is not allowed. Athletes are to dispose of any litter in appropriate bins. Intentional littering and littering in non-designated areas may lead to disqualification. AFS Clean run.
- No Medals or prizes for finishes after the Cut-Off / Finish time
No athletes will be allowed to start late
- This event offers a ASA Certified 1.6 / mile, 5km and 10km route
- Wearing of earphones, headsets and similar devices is not permitted
Prescribed hearing aids are allowed.

C. TIMING AND RESULTS

- Only the open 1.6km, open 5km, open 10km will receive official results
- Official race results will be published within 48 hours.
- Results will be available at

Link – results.finishtime.co.za

D. ENTRIES - VIRGIN ACTIVE WELKOM

- Online entries and manual (individual and club / groups) entries will be accepted.
- Online Entries open 7 July 2025 / Manual Entries open 19 Aug until 23 Aug 2025
Online entries close on Thu 20 Aug 2025 / Manual Entries Close Sat 23 Aug 2025
- Online Entries can be collected at Virgin Active, Cnr Meulen Street and Long Road, Welkom on Fri 22 Aug (Cut off time 13:00 - 17:30) / Sat 23 Aug (08:30 Before 11:00)
- Manual daily collected at (Virgin Active Welkom) "Open day of event" 23 Aug 2025
- A copy of your proof of payment will be required.
- Strictly no refunds. Entries are not transferrable or deferrable unless otherwise announced.
- In the event that the race is cancelled due to reason outside the organisers control the event entry fees will not be refundable.
- Incomplete or incorrectly completed entries and entries not fully paid will be rejected.
- The event organiser retains the right to refuse entry to persons under the influence of drugs or alcohol, who are disorderly, display inappropriate behaviour, vandalise property, or evade paying for admission.
- Athletes who duplicate race numbers or participate without buying a race entry will be disqualified, dissociated from the event, and held liable for a double entry fee charge and / or disciplinary action.
- Participants may contribute to the beneficiary / partner of choice: RACE IN HER HONOUR (SANBS); RACE OF JOY (CHARLOTTE MOLL HAVEN); RACE OF LOVE (CANSA).
Additional donations are welcome even if you are not participating in the event.

E. LICENSES, RACE NUMBERS AND DRESS CODE

- ASA Licensed athletes must wear club colours and a valid 2025 licence number on the front and back of the vest. (Only open 1.6km, open 5km and open 10km race applicable)
- International athletes are subjected to ASA rules and must be in possession of a clearance certificate and passport prior to entering / participation.
- The race number needs to be pinned and visible on the front of the vest.
ASA rule apply and may not cover the ASA logos on the ASA license.
Age category tags are compulsory.
- An athlete may not run with another athlete's race number. No transfer of race numbers
- All athletes have to complete in full - Race number, Temp No, Entry ticket and Entry form.
Participants with incomplete information will not be considered for prizes
- Temporary Licenses have to be pinned on the back of the vest. Clothing to be worn must be neutral of colour. (Only open 5km, open 10km race applicable)
No insurance coverage on temporary licenses no.
- In support of the theme / Slogan "Arise, Shine, It's time" dress up in the colours of your supporting beneficiaries

F. PRIZES & AWARDS

- All prize winners of the open 1.6km, open 5km, open 10km race will be requested to show proof of an identity (ID book, passport, drivers license or a birth certificate)
- Prize money to be paid at the event.
SAIDFS - Rules applicable
- Prize money and incentives will only be awarded to athletes with valid ASA 2025 licenses.
- Announce: Prize giving 14:30 - Award for the Most entries- Club and School, / Business Teams- 3 Awards
(1) The Best Dressed Arise (1) The Best Spirit Shine, (1) The Best supported - It's time
- Winners must be present for prize giving
Refer to front page
- Prizes will be rewarded for the following:
6.1. Medals are handed out to all finishers upon completing the race at the finish line.
6.2. **RACE OF LOVE** (1.6km / fun runs & Registered children race)
6.3. **RACE OF JOY** (Open 5km Fun run Women Only)
(Open 5km Men & Women)
6.4. **RACE IN HER HONOUR** (Open 10km Men & Women)
Fastest : A challenge for Time
Open 5km men only Pos 1 on results (sub 15min)
Open 5km women only Pos 1 on results (sub 19min)
Open 10km men only Pos 1 on results (sub 30min)
Open 10km women only Pos 1 on results (sub 37min)
Only who completes the race wearing club colours win an additional R300 (Men & Women)
- First 223 pre-entries to be received for the 5km Fun Run Women Only will be eligible for a Lucky draw prizes
- Big Lucky Draw Prize for Open 5km Entrants
- Spirit and Best Dressed Awards - Participants must submit photographs or short video 1 min recordings partaking as an individual or group by WhatsApp to 072 054 3658 (POPIA).
- Award for Best 3 Water Point Embracing the 23rd Anniversary Celebration.
- No Seeding - Qualifying Event - Open 1.6km, 5km, 10km Men and Women

START / FINISH: MEDICLINIC, MEULEN STR, WELKOM

EVENT SCHEDULE

DISTANCE	AGE	ENTRY FEES	START	CUT OFF / RACE FINISH	PRIZE GIVING
Open Mile / 1.6km only Reg. Athlete—ASA License no	Boys 11-15 Years	R50	11h00	11h15	11h45 TOP 3 1st / 2nd & 3rd
Open Mile / 1.6km only Reg. Athlete—ASA License no	Girls 11-15 Years	R50	11h20	11h35	11h45 TOP 3 1st / 2nd & 3rd
Fun Run / Walk Mile / 1.6km	Boys 9-15 Years	R40	11h40	11h55	12h00 Lucky draw
Fun Run / Walk Mile / 1.6km	Girls 9-15 Years	R40	11h45	12h05	12h00 Lucky draw
Fun Run / Walk Mile / 1.6km	Masters 60+ Men & Women Wheelchair- disable person	R60 R40	11h50	12h10	12h30 Lucky draw
100m Kids Open Dash / Walk	4 to 8 Years Boys & Girls	R30	12h00	12h25	12h30 Lucky draw
5km FUN RUN / Walk ONLY FOR WOMEN Open 10km	14 Years & older	R80	12h30	13h20	13h30 Lucky draw
	17 years & older Men & Women Boys & Girls	Reg. athlete R120 Non-register R170 (Included R50 Temp number)	13h30	15h00	14h30
Open 5km	16 years & older Men & Women Boys & Girls	Reg. athlete R80 Non register R130 (Included R50 Temp number)	13h40	14h20	14h30

Temporary license required for non- registered athletes on the Open 5km & Open 10km—different entry fees—include Temp no

RACE IN HER HONOUR (Open 5km)

SNR. WOMEN 1. R300 2. R250 3. R200

SNR. MEN 1. R300 2. R250 3. R200

RACE FOR HER (Open 10km)

SNR. WOMEN 1. R400 2. R350 3. R250

SNR. MEN 1. R400 2. R350 3. R250

Prize Money

	Jnr.	40+	50+
1. R150	1. R150	1. R150	
2. R150	2. R150	2. R150	
3. R200	3. R200	3. R200	

Unique Trophies

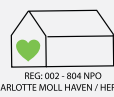
Fastest 'a challenge for time

ALL Finishers receive a newly designed 23rd Celebration MEDAL !! Plenty of TEAM and INDIVIDUAL Awards, and exciting Lucky Draw Prizes up for grabs.

RACE OF LOVE



RACE OF JOY

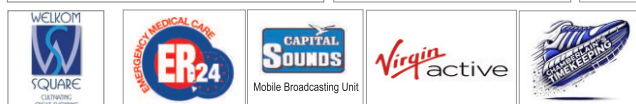


RACE IN HER HONOUR



Enquiries about event, Please Contact: (Whatsapp) 072 499 2602 / 057 357 1335/6

Keep an eye on the Vista Novus Newspaper's / Website / FB Page - On Update Prizes



ONLINE ENTRIES OPEN 7 JULY

Enter online by scanning the QR code above or visit www.entryninja.com

Online entries close on Thur 21 Aug 2025

Collections at Virgin Active Welkom

Fri 22 Aug : 13:00 - 17:30 / Sat 23 Aug : 08:30 - 11:00

Request Club / group / individual entry form:

jduplessis@polka.co.za / jegardiduplessis@gmail.com

A copy of your proof of payment will be required

MANUAL ENTRIES OPEN

Daily manual entries & Collections:

Virgin Active Welkom

Tuesday up to Friday

19 - 22 August

13:00 up to 18:30

Cnr Meulen Street and Long Road - Welkom Square

ENTRIES - DAY OF THE EVENT - 23 AUG

Open 08:30 (Refer to race time schedule) Entries Closes 1 hour before race starts

Race Director: Hilde du Plessis 072 499 2602

Safety Officer: Johan du Plessis 082 059 6846

Bradley Wheeler 079 919 8448

Race Technical Official: Dawie Meuter 060 378 2291

Medical Services Provider: ER24 - 082 909 0382

Infrastructure Officer: Sello Ramotshabhi 083 347 3301

MEDICLINIC WELKOM: 057 916 5138 / 5352

TERMS, CONDITIONS, ASA AND AFS RULES AND REGULATIONS APPLY



Keep an eye on the Vista Newspaper's website and Facebook page for the latest updates and news about this event.

RACE / BIB NUMBER:

TEMP LICENSE NUMBER:



ENTRY FORM - COMPLETE IN FULL

NAME:

SURNAME:

PHYSICAL ADDRESS:

E-MAIL ADDRESS:

CELL NO.:

ID NUMBER:

OR PASSPORT NO.

BIRTH DATE:

GENDER:

☐ Male ☐ Female

RACE CATEGORY:

JUNIOR / SENIOR / MASTER

AGE:

ON RACE DAY

☐ SOUTH AFRICAN CITIZEN ☐ INTERNATIONAL ATHLETE

PROVINCE:

CLUB NAME:

SCHOOL / BUSINESS / ORGANISATION:

ASA:

LICENSE NO.

EMERGENCY:

CONTACT PERSON:

EMERGENCY:

CONTACT NUMBER:

DISTANCE	AGE	ENTRY FEES	ENTER FOR AMOUNT
Open Mile /1.6km only Reg. Athlete—ASA License no	Boys 11-15 Years	R50	
Open Mile /1.6km only Reg. Athlete ASA License no	Girls 11-15 Years	R50	
Fun Run / Walk Mile / 1.6km	Boys 9-15 Years	R40	
Fun Run / Walk Mile / 1.6km	Girls 9-15 Years	R40	
Fun Run / Walk Mile /1.6km	Masters 60+	R60	
	Men & Women Wheelchair-disable person	R40	
100m Kids Open Dash / Walk	4 to 8 Years Boys & Girls	R30	
5km FUN RUN / Walk —ONLY FOR WOMEN	14 Years & older	R80	
Open 5km	16 years & older Men & Women Boys & Girls	Reg. athlete R80 Athlete—ASA License no	
		Non register R130 (Included R50 Temp number)	
Open 10km	17 years & older Men & Women Boys & Girls	Reg. athlete R120 Athlete—ASA License no	
		Non-register athlete R170 (Included R50 Temp number)	
		TOTAL	

Consent, Indemnity & Waiver

The information I supplied is true and correct, by entering the event I understand to be bound by the rules and regulations of the event including those of WA, ASA and AFS. I warrant that I am in a good health and aware of the risk and endanger of physical nature of the sporting event, and do not claim ignorance of these risk and dangers. I hereby accept that I participate in the event entirely at my own risk and I release an discharge, to the fullest extend allowed in law, the organiser of the event, provincial and national athletic bodies and all local authorities from the responsibility, liability or costs relation to any in injury, loss of damage of whatever nature, including pre-and post-race activities. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in activity. Permission is granted in terms of section 51 of the electronic communication transactions act 25 of 2002, to use your name, race information, photographs, video tapes, broadcasts, telecast in which you may appear as free of charge (Popy act). Minor release (18 years and younger), the minor's parents and/or legal guardian, understand the nature of athletics activity and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity and I enter into this indemnity /waver on behalf of. By signing this waiver I acknowledge that I have red and accept the indemnity above.

NAME & SURNAME (ATHLETE)

SIGNATURE

DATE

NAME & SURNAME (PARENT / LEGAL GUARDIAN)

SIGNATURE

DATE